

LOVE SWEAT FITNESS

**HEALTHY
SNACKING &
EASY SWAPS**

ADDING TO YOUR DAY

The goal is to get between 5-9 servings of fruits and vegetables each day. Because I want you to be able to make this plan work for you, I've compiled a list below of general serving sizes to help make sure you are getting enough and are able to choose your favorites to add each day!

SERVING SIZE FOR FRUITS

- 1 serving of fresh, frozen, canned = $\frac{1}{2}$ cup
- 1 serving whole apple, banana, kiwi etc. - 1 small apple, banana, kiwi, etc.
- 1 serving dried fruit = $\frac{1}{4}$ cup

SERVING SIZE FOR VEGGIES

- 1 serving fresh, frozen, or canned = $\frac{1}{2}$ cup
- 1 serving raw leafy = 1 cup

EASY WAY TO DO THIS IS:

- Add steamed veggies or a side salad to each meal
- Throw more fruit and veggies into your smoothies!

EASY SWAPS

You can easily make this plan your own with simple swaps! Swap any healthy protein for protein, fat for fat, or carb for carb. You can also move your ingredients or meals around to fit your day too!

FAT SERVING SIZES

- 1 serving of oil = 1 tbsp oil
- 1 serving nuts/seeds = 1oz // 2-3 tbsp // small handful
- 1 serving of nut butter = 1 tbsp
- 1 serving avocado = ¼ avocado

Ex: If you have 1 tbsp of almond butter in your day, but would prefer to have some avocado all you have to do is swap that 1tbsp of almond butter for about ¼ of an avocado.

PROTEIN SERVING SIZES

- 1 serving size = 4oz or about ½ cup

Ex: If you have 4oz, a fist-seized portion of salmon, but are really craving some chicken tacos, go for it! Just stick to about a fist-sized portion of chicken and you're good to go.

CARBOHYDRATE SERVING SIZES

- This will vary day to day, week to week. You can easily swap for other carbohydrates just stick to a similar recommended measurement.

Ex: If you have ½ cup brown rice and you'd rather have quinoa, swap it for a ½ of quinoa. Or you can even swap for 2 slices of bread or tortillas.

SEE IT IN ACTION...

Your Meal 4

- ½ cup brown rice
- 4 oz salmon
- Asparagus
- ¼ avocado

What You Swap For

- 2 corn tortillas
- 4 oz grilled chicken
- Green salad
- ¼ avocado
- Add salsa

**YOU JUST
TRANSFORMED YOUR
SALMON MEAL TO
TACO NIGHT!**

Of course your swaps won't be exact matches for calories, fats, proteins, carbohydrates, etc. but they will be close enough and still within a healthy range. Remember, the goal is to find a way to take the stress out of eating so you can enjoy food and reach your goals!

THE NITTY GRITTY

KEY THINGS TO KNOW

This is a suggested plan. Feel free to swap out ingredients or suggested recipes for your favorites. As long as you stick within the plan guidelines, you'll see amazing results and feel incredible at the end of these 28 days.

Your meals are designed specifically to give you simple healthy meals, but also allow you to personalize your plan. Get creative with your ingredients and remember, food is fuel, but that doesn't mean it shouldn't be delicious too!

HYDRATION

The old “8 glasses a day” doesn't always cut it though. I recommend 2-3 L per day unless otherwise advised by your doctor. If water seems boring, it's time to up-level your H₂O! Try adding some of these next time:

- Mint
- Lemon
- Lime
- Raspberries
- Peaches
- Cucumber

STILL HUNGRY?

If you ever feel like you want or need more to eat during this 4-Week Meal Plan, go for it! Healthy fats from things like nuts and avocado are always a great option. Just stick to the Hot Body Guidelines — foods to enjoy and ones to avoid — on the next page to make sure you stay on track!



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